

# ROYAL Baking Powder

## Is Most Economical Because it makes better and more healthful food.

ROYAL BAKING POWDER CO., NEW YORK.

### Children's School Lunches.

This is a most important subject, and should be given careful thought by those who have to prepare them daily, yet it seems that few mothers give this subject the consideration they should. Too many depend upon preparing whatever happens to be on hand, or left overs, and often the child's health is ruined by the school lunch. Things that taste good warm at the table are not always appetizing when eaten cold, and are often indigestible when cold.

The pale sickly looking children are nearly always those whose lunch basket is filled with sweets, or sour pickles, or sour sandwiches. Some children have an appetite only for sweets, but the mother does them an injury in complying with their wishes, for I have noticed that the most delicate and troublesome children are those who feed almost entirely upon sweets.

Portions of broiled chicken, sandwiches of baked or broiled ham or steak, a boiled egg or two, light bread or light biscuits, will always be relished cold by the school children. Each child should have his or her own individual lunch basket; this may make the mother more trouble, but will save trouble between the children. Some sweets are always wanted, and if pies are liked, one should have a small pie tin, only large enough for one child, and then it can be put up uncut, without spilling the juice over everything. I find the sliced apple pies much liked, and if well made are much healthier than custards or cakes. These small pies could be made while the fire is in the stove for breakfast and then would be fresh each day.

One should study variety; if the same thing is put up each day the children soon lose their appetite, and do not care to even look into the lunch basket. Where it can be had, ripe fruit of some kind should be put up for the morning and afternoon recesses. The smaller children invariably turn to the lunch basket when dismissed for the morning recess, and this is often their first thought at the evening recess, which comes so soon after the midday lunch.—Laura Jones in Inland Farmer.

The fellow who doesn't talk is not necessarily stupid. He may know enough to keep his mouth shut.

The women of Louisville are organizing a Travelers' Aid department to the Women's Christian Association, which will look after girls coming to the city and living in cheap boarding houses while in the city. It will co-operate with the women in St. Louis, who are seeking to save uninformed girls from answering advertisements and listening to agents who falsely promise almost any kind of work and pay at the Fair. The work is to be pushed in a number of other directions. Women representatives are to be kept in the depots and "mashers" and newspaper advertisements are to be run down.

### W. S. LLOYD'S CONFIDENCE IN HYOMEI.

#### Not a Penny Need be Paid Unless it Cures You of Catarrh.

"Use Hyomei and be cured of catarrh," says W. S. Lloyd. When a responsible business house like this comes out and advertises that Hyomei will not cost a penny unless it does all that is claimed for it, it shows what remarkable confidence they have in this scientific medical treatment.

A complete Hyomei outfit consists of a neat inhaler, that can be carried in the pocket or purse, a medicine dropper and a bottle of Hyomei, and costs but \$1.

The inhaler lasts a lifetime and when extra bottles of Hyomei are needed, they can be obtained for 50c.

This treatment does away with all disagreeable and dangerous stomach dosing. Breathed through the Hyomei inhaler for a few minutes four times a day, it impregnates every particle of air taken into the air passages and lungs with germ-killing and health-giving balsams. In this way it cures the most chronic and deep-seated catarrhal diseases of the air passages and respiratory organs.

The user is the sole judge whether Hyomei is to be paid for or not. If it does not help, W. S. Lloyd will cheerfully return the money and it will not cost a penny.

[May 4, 18.]

A man may have enough of the world to sink him, but he can never have enough to satisfy him.—T. Brooks.

Don't be always looking for snakes and thorns and such like.

### Some Recipes for Economical Cakes.

The poor housekeeper, whose husband feels himself very much injured if he does not have cake at least once a week, if not oftener, had a hard time last winter, when eggs were so scarce and high, so I will give a few recipes for cakes which do not require so many eggs, and which I have tested often, and know to be good. The following makes an excellent layer cake:

One cup of butter, two of sugar, three cups of flour, four eggs and two teaspoonfuls of baking powder.

Beat the eggs separately, cream the butter and sugar, and stir into the beaten yolks. Add the sweet milk, then the flour and whites of the eggs, and lastly the baking powder. In making baking powder cakes it is always best to put the baking powder in last: it makes the cake so much lighter. Bake in well-buttered cake plates in a hot stove. For this cake, any filling can be used that is desired, but I will give the recipes for three very popular fillings:

Caramel filling.—One pound of brown sugar, one cup of sweet milk, one lump of butter the size of a walnut, one teaspoonful of vanilla. Put the butter, sugar and milk on the stove, and let them come to a boil slowly, else the milk is apt to curdle. Then boil, stirring constantly until it turns red and begins to thicken. Remove from the stove and beat till it cools; then add the vanilla and spread between the cakes. There are a good many recipes for chocolate filling, but this is the best I have ever tried: Two squares of chocolate, one pound of sugar, one lump of butter the size of an egg, and one cup of milk. Boil steadily for about fifteen minutes, till it begins to get thick; then take from the fire, add one teaspoonful of vanilla and beat till cool. Great care must be taken not to cool this too much, as it will become as hard as a rock when cold, if such is the case. Every housekeeper who has ever tried this recipe for lemon filling is delighted with it, so I give it here: Two lemons, the yolks of two eggs, one cup of sugar, four tablespoonfuls of hot water and one tablespoonful of butter. After paring the lemons, soak the parings in the hot water. Add this water to the juice and sugar, and heat over boiling water till the sugar melts, after which pour over the yolks of the eggs beaten light, and cook in a double boiler until it thickens, stirring constantly. Let it cool before spreading between the cakes, which should also be cold, or quite cool. The whites of the eggs can be used to make the boiled icing with which the cake should be iced.

The above recipe for layer cake, with the lemon filling, and iced all over, makes a very pretty and delicious cake, and does not require but six eggs for the whole thing, filling and all.

The old-fashioned pound cake is unequaled, but it is so expensive now, when butter and eggs are high, that it is often beyond the means of the housekeeper, so I will give a recipe for a cheap pound cake, which makes an excellent substitute:

Five eggs, four cups of sifted flour, three cups of sugar, one heaping cup of butter, one cup of boiling water, and two teaspoonfuls of baking powder, one teaspoonful of lemon extract. Cream the butter and sugar, add the beaten yolks, then the hot water, then the flour and whites of the eggs beaten to a stiff froth, and lastly the baking powder. Bake in a moderately hot oven with a pan of hot water on the rack above to prevent the cake from browning too rapidly. An old and experienced housekeeper told me about using the hot water instead of sweet milk, and you have no idea how much lighter it makes the cake—but the water must be boiling.

Variety cake.—Three eggs, two cups of sugar, one cup of milk, one-half cup of butter, three cups of flour, with two teaspoonfuls of baking powder, or one teaspoonful of

cream of tartar and one-half teaspoonful of soda. Beat until light, then divide the batter into two equal parts. To the spiced part add two tablespoonfuls of ground ginger, two of ground cinnamon, two of spice and two of cloves. Flavor the unsipped part with lemon or vanilla. Bake each part in two layers and put together with icing. This makes a very pretty cake, and is a general favorite.

### W. S. Lloyd's Unusual Offer.

"It isn't often that I have faith enough in the medicine put up by other people to be willing to offer to refund the money if it does not cure," said W. S. Lloyd to an Advocate man who dropped into his store, "but I am glad to sell Dr. Howard's specific for the cure of constipation and dyspepsia on that basis."

"The Dr. Howard Company, in order to get a quick introductory sale, authorizing me to sell their regular fifty-cent bottles at half-price, 25 cents, and, although I have sold a lot of it, and have guaranteed every package, not one has been brought back as unsatisfactory."

"One great advantage of this specific," he continued, "is its small dose and convenient form. There are sixty doses in a vial that can be carried in the vest pocket or purse, and every one has more medicinal power than a big pill or tablet or a tumbler of mineral water."

I am still selling the specific at half-price, although I cannot tell how long I shall be able to do so, and anyone who is subject to constipation, sick headache, dizziness, liver trouble, indigestion, or a general played-out condition, ought to take advantage of this chance. You can tell your readers that if they are not satisfied with the specific they can come right back to my store and I will cheerfully refund their money." [May 4, 18]

### Wit and Humor.

Even the fair sex may be unfair. Lying about your age won't prolong your life.

It's a pretty sharp woman that can't be flattered.

The dealer in alarm clocks should do a rousing business.

The courtship of a homely girl is not always plain sailing.

The man of mettle generally has a steely glitter in his eye.

But for the frame of some pictures they wouldn't be in it. The slightest remark may sometimes carry the most weight.

No man is so strong that he can't afford to sneer at temptation.

Some fellows never try matrimony until they try everything else.

This is a land of promise to the man who sells goods promiscuously.

The man who feels too good for his job is generally the poorest one in the bunch.

### Lived on Chocolate 60 Days.

An interesting test has just been made by a Frenchwoman. With a view to ascertain the sustaining powers of chocolate, she lived on that alone for 60 days and lost but 15 pounds during the time.

"Every duty we omit obscures some truth we should have known."

"Energy usually brings success, success invariably brings energy."

"About the only establishment that makes money without advertising is the mint."

### BABIES AND CHILDREN LOVE OWENS PINK MIXTURE

It has been used in the practice of a famous physician for over ten years for Teething and Summer Complaint. No mother should be without it the child's second summer. 25c. and 50c. BOTTLES. ALL DEALERS. BOOK FREE.

W. S. LLOYD, DRUGGIST.

### COLLEGES IN TURKEY.

#### American Institutions of Learning Well Patronized by Americans.

Owing to the widespread interest regarding the imperiled American Christian colleges for young men in Turkey, the American board of commissioners for foreign missions is about to issue a report on the subject, translated from the Turkish. It comes from Aintab, central Turkey, says the Boston Transcript, and contains the following:

These colleges, according to the order of their dates of establishment, are: Robert college, at Constantinople; Syrian Protestant college, at Beirut; Central Turkey college, at Aintab; Euphrates college, at Harpoot; Anatolia college, at Marsovan, St. Paul's institute, at Tarsus. Beirut college, in the growth of its courses of study, variety of its branches, accommodations of its buildings and completeness of its equipments and apparatus, has been making very rapid progress, so that the value of its present property is not less than 100,000 liras, nearly \$400,000. The number of its teachers in various branches is more than 40, 10 of whom are professors. There are now 1,489 students in the colleges, 771 of whom are Armenians.

There is one point in which none of the others can be compared with Robert college. The latter holds the greatest number of the officers in governmental departments. It is able to show among its graduates lieutenants, generals, commanders, judges, mayors, governors, ambassadors and even cabinet members and prime ministers, and these are not merely some exceptions, but nearly one-fourth of its graduates have attained one or the other of these high positions. This superiority may be ascribed partly to its high standard of education, and largely to its important geographical situation in a central point between Asia and Europe. Many famous Armenian professors in Constantinople, also well-known merchants, physicians and editors, are graduates of Robert college. The Euphrates college has suffered most from the disturbances. The tendency in its vicinity to leave the country has been so strong that, besides the number of students being diminished, many hopeful graduates and even teachers of the college have left the country for foreign lands.

### VALUE OF TRAVEL.

#### Helps Us to See Ourselves as Others See Us.

There is no study so fascinating and so profitable as the study of the peoples of the earth, says the Four-Track News. In the mirror of mankind we can best see ourselves, and by the rules of comparison and of contrast view our own strength and weakness; our own commendable traits and deplorable faults. The man whose ethnological education, gained by actual contact with different nationalities, places him in command of this knowledge is best equipped to master many of the problems of life, and especially to comprehend all great international questions. Pope tells us that "the proper study of mankind is man," and that man who has carefully studied mankind is the man whom other men most desire to meet. The traveler who has seen and studied the different nations of the earth is never at a loss for an audience, and if he has had the desire and the capacity to look below the surface for the causes which have produced national effects, he can command the earnest attention of all thinking men. By travel we do not only see other nations and read their history in the lives of the people themselves, but we learn to more correctly estimate our own position in the family of nations by seeing ourselves as others see us.

### A Murderous Horse.

A remarkable story comes from Mellor, near Blackburn. A man noticed a horse circling continually round a lamb, urging it toward a fence, and finally thrusting it through a hedge into a flooded dyke beyond, at the exact spot where another lamb was drowned. The horse was diverted from its murderous design with great difficulty.

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"THE MIDLAND ROUTE."

LOCAL TIME TABLE IN EFFECT JANUARY 11, 1904.

P. M. A. M. No. 84	DAILY EXCEPT SUNDAY	A. M. P. M. No. 83
2:06	Frankfort to Ar.	11:25
2:06	Frankfort to Ar.	11:17
2:11	Frankfort to Ar.	11:11
2:19	Frankfort to Ar.	11:03
2:29	Frankfort to Ar.	10:53
2:38	Frankfort to Ar.	10:46
2:41	Frankfort to Ar.	10:40
2:47	Frankfort to Ar.	10:35
2:51	Frankfort to Ar.	10:30
2:59	Frankfort to Ar.	10:24
3:07	Frankfort to Ar.	10:16
3:11	Frankfort to Ar.	10:12
3:20	Frankfort to Ar.	10:02
3:25	Frankfort to Ar.	9:58

Connects at Georgetown Union Depot with Q. & C.

Connects at Paris Union Depot with Kentucky Central.

Connects at Frankfort Union Depot with L. & N.

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Through Pullman Sleeping Cars

To California points via Iron Mountain Route, leaving St. Louis 8:30 a. m. daily for Los Angeles, via the "True Southern Route," also tourist sleeping cars on this train for Los Angeles and San Francisco every Wednesday and Thursday. Best winter route to California.

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Regular Bus Line carry mail between Owingsville and Preston.

Telephone connection with Western Union office at Preston.

Conveyance for trunks will meet drivers at Mt. Sterling if desired.

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# Dr. Carlstedt's German Liver Powder

It has no Peer in the Realm of Medicine.

A guarantee to cure goes with each \$1 bottle. The good effects of one dose will convince you of its great value; has cured thousands and never a failure reported. You run no risk; it costs you nothing if a cure is not effected.

I used Dr. Carlstedt's German Liver Powder for constipation, and it not only cured me but broke a case of chills of eighteen months' standing. I consider it the best remedy for biliousness and constipation I have ever seen or tried.

Sold only in bottles, at all druggists. If not found and your dealer will not order it, send us the money and we will send it prepaid.

Price \$1.00; trial size 25 cents.

The American Pharmacal Co., Evansville, Ind.

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